



10|24

## NEWSLETTER

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## AMMAJI'S MESSAGE

*Dear Readers,*

Navaratri is a Hindu festival that is celebrated over a span of nine days and nights. It is the time when the divine feminine energy, Shakti is revered and worshipped in various forms. Devotees offer prayers, perform rituals, chant Her names and recite verses glorifying Her, perform music and dance in temples, engage in japa, meditation and so on. Everyone worships Mother in his or her own way, to express their love to Her.

This festival is to celebrate the **Goddess Durga's** victory over the demon **Mahishasura**. What does this mean to us? It is a time to awaken the divine mother energy within us. All our dedication is to be in touch with our feminine energy, to cleanse one's body and mind to purify one's soul and renew one's commitment to spirituality for inner growth and transformation.





Mother Durga destroyed the demon and our endeavour is to destroy the negativity within us. It is to live with unconditional love, compassion, courage and fearlessness. Just like how we honour our biological mother on her birthday and Mother's Day, likewise we revere the divine Mother who embodies deep love and kindness, during this nine days festival. Mother Durga is the sum total of the power (shakti) in the universe. Every manifestation of power in the universe is Mother. She is life, intelligence and love. We experience this power in every waking moment. Every limb moves with the divine power, and every speech we utter is a gift of that divine power.

In southern India, Mother is worshiped in three aspects. The first three days she is worshipped in the form of **Ma Durga**. Ma Durga is invoked for her strength and ferocity, which is needed to remove the deep rooted negative tendencies from the mind. When we are committed in this sadhana, we are preparing ourselves to the next level of imbibing wealth of noble values to nourish the cleansed mind.

The next three days are dedicated to **Goddess Lakshmi**. Goddess Lakshmi is not only worshipped for material wealth but also more importantly for inner wealth of spiritual values such as love, kindness, self control, etc. Our minds become purified with the practice of such spiritual values. When spiritual values are anchored, material wealth will become a bonus.

Mother of Knowledge is invoked in the last three days of the nine nights. **Goddess Saraswati** is the Goddess of learning, fine arts and music. She sits on the lotus, symbolising that the teacher herself is well established in the subjective experiences of truth. She holds the scriptures to indicate that she upholds the knowledge of scriptures which leads to the highest truth.

For Self knowledge to sit firmly in our minds, we need to first purify our minds through the sadhanas and receive the blessings of the noble values. Only then are we ready for Self knowledge.

The final day is the tenth day, **Vijayadasami**, celebrating the victory of the good and the noble journey of one's life. May the love and blessings of Mother Goddess ever be upon us, as we celebrate Navaratri in prayer and devotion!



Love and Blessings,

*Ammaji*





# लिङ्गाष्टकम्

{Part 8}

We have seen in each verse of the **Lingashtakam** a beautiful description of the infinite being who is imminent in His creation. This infinite being also transcends His cosmic form, while simultaneously being present within the very cosmos. In describing the infinite being as present in the world of names and forms, we encounter very beautiful descriptions of the Lord in verses 1, 2, and 3.



Moving forward, let us look at verse 4:

कनकमहामणिभूषितलिङ्गं  
फणिपतिवेष्टितशोभितलिङ्गम् ।  
दक्षसुयज्ञविनाशनलिङ्गं  
तत् प्रणमामि सदाशिवलिङ्गम् ॥४॥

**kanaka mahāmaṇi bhūṣita liṅgaṃ**  
**phaṇipati vēṣṭita śōbhita liṅgaṃ ।**  
**dakṣasuyajña vināśana liṅgaṃ**  
**tatpraṇamāmi sadāśiva liṅgaṃ ॥ 4 ॥**

Here, in describing this beautiful cosmic form of the infinite being, it says '**bhūṣita liṅgaṃ**' This lingam, the cosmic form, is decorated or adorned with 'कनक च महामणि च', Kanaka cha Maha Mani cha—adorned with gold and precious gems. In other words, the natural world, with all its wealth of minerals—gold, silver, stones, and gems—is an embellishment of this universe. These are not meant for us to greedily grab or destroy. They are not to be mined away until the earth is left barren.

Instead, they are meant to remain where they are, as they embellish the cosmic form of the Lingam. Hence, we must return to respecting, revering, and loving the natural world for what it is, leaving it untouched.

The natural world, when not interfered with by human hands, holds a balance that, if left alone, inspires reverence and love. In this way, you connect with the sacred. So, 'कनकमहामणिभूषितलिङ्गं' **kanaka mahāmaṇi bhūṣita liṅgaṃ**, and 'फणिपतिवेष्टितशोभितलिङ्गम्', **phaṇipati vēṣṭita śōbhita liṅgaṃ**—this lingam is adorned and wrapped. Wrapped with what? 'फणिपति', phaṇipati, the Lord of snakes. In human form, Lord Shiva's neck is wrapped with the king of snakes, Vasuki. Snakes have long been mysterious creatures for humanity, and various civilizations have regarded them in different ways—some as lower creatures or devils, while in Indian mythology, they are exalted celestial beings representing power.

Snakes, particularly the king of snakes, Vasuki, represent immense power. They can move on the ground, in the air, and in water without legs. Their movement, driven by their entire body, is a metaphor for power. In mythology, Vasuki Nag, a multi-hooded serpent with the gem ‘नागमणि’; **Nagamani** on his crown, plays a significant role. During the churning of the ocean of milk, Vasuki Nag was chosen as the rope, but when the poison emerged, it weakened him, and he appealed to Lord Shiva for help. Lord Shiva explained that Vasuki's yogic powers were only invincible when he recognized that all his powers belonged to the infinite. Through devotion, Vasuki was saved, and Shiva adorned his neck with him, representing the annihilation of ego.

This mythology teaches that power without ego is a blessing. However, if power is paired with ego, it leads to destruction. In another story, Vasuki Nag offers himself as the string of Lord Shiva's bow in the destruction of the three celestial cities of demons. Vasuki Nag's devotion made him a permanent symbol of power wrapped around Shiva's neck.

There is even a festival, Naga Panchami, where snakes are worshiped, representing the connection between celestial and earthly powers. In the Himalayas, the power of the Nagas is deeply revered. The region from Uttarakashi to Gangotri is said to be under the leadership of Vasuki Nag and his family, representing the balance of nature. The king of snakes, Vasuki, holds this position in devotion to Lord Shiva, and his presence on Shiva's neck symbolizes the final power of the universe.

Thus, ‘फणिपतिवेष्टितशोभितलिङ्गम्’ refers to the snake-wrapped cosmic form of Shiva, representing the annihilation of ego. The third phrase, ‘दक्षसुयज्ञविनाशनलिङ्गं’; **dakṣasuyajña vināśana liṅgam** refers to the destruction of King Daksha's sacrificial yagna, which was performed without respect for Shiva. When power is abused, cosmic justice prevails.

In Daksha's story, his ego led to an offense against Lord Shiva, and as a result, the yagna was destroyed. This reflects how unchecked ego leads to downfall, even if powerful rituals are performed. The lesson is clear: power must be balanced with humility and devotion. If we transgress the limits, we will face the consequences.

The temple of Tiruvannamalai offers another example. One of the kings built a grand entrance gate, the Raja Gopuram, out of pride rather than devotion. During a temple festival, the divine procession could not pass through the gate until the king repented and sought forgiveness. This episode, like so many others, shows that the divine blesses those who keep their egos in check.

Thus, each verse of the Lingashtakam teaches us the importance of respecting boundaries, reverence for the cosmic laws, and devotion to the sacred. ‘तत् प्रणमामि सदाशिवलिङ्गम्’

**tatpraṇamāmi sadāśiva liṅgam**

I bow to that ever-auspicious Shiva Lingam. Let us chant the 8th verse together.





# Yin Yoga ♥<sup>6</sup>

## Yin Yoga – Spinal Twist Archetype

*In the recent newsletters on Yin Yoga, we introduced Yin Yoga as a particularly slow and static form of Hatha Yoga – tracing back to both Taoist yoga principles and to the Hatha yoga tradition. We talked about the **why Yin Yoga works with archetypes**: In his functional approach Paul Grilley identified 7 archetypal poses, each of which serves a specific purpose and targets different areas of the body.*

*The archetypes specify e.g. as poses such as forward bends, back bends, inversions, twists and sidebends as well as poses that stress the the hip rotator muscles, the hip flexors, the hip adductors or the shoulder / chest area etc.. In the last two newsletters, we presented you the first three archetypes, the **forward** bend, the **back** bend and the **side** bend. So now its time to look at the next archetype, the **spinal twists** in Yin Yoga. We will look at two different options.*

### SPINALTWIST ARCHETYPE:

The Spinal Twist archetype is characterized by poses that involve the pelvis and chest facing in opposite directions. These poses are typically used to stretch the lumbar spine, thoracic spine and obliques, and are often used to help improve flexibility and relaxation in these areas.

**Before we start with the poses, I'll remind you of the concept of the rebound:**

The rebound in Yin Yoga is essential for allowing the body to integrate the effects of the pose, helping to release residual tension and promoting energy flow. It provides a moment of stillness and awareness, enabling you to observe and feel the changes in your body and mind, enhancing the meditative aspect of the practice.

### 1. TWISTED ROOTS

**Target area** of the pose (this is where you'll possibly feel a stretch): Spine, glutes, IT-band, obliques, shoulders, chest, breast, neck.



### How to enter the pose:

To enter the Yin Yoga pose Twisted Roots, start by lying on your back with your knees bent and feet flat on the mat. Lift your hips off the mat and just place them a few centimetres over to the left. Then lift both knees up and slowly drop both knees to one side, allowing your hips to twist while keeping your shoulders more levelled or even grounded.

If comfortable, place a block or bolster either between or under your knees for support - that will ease the twist for the Si-joint as well as for the spine. Extend your arms out in a T-shape, with palms facing up, and allow your spine to relax into the twist. For more intensity, you can cross one leg over the other, like in an Eagle Pose, see picture.

This will intensify the twist. Allow your body to sink fully into the pose, feeling the twist and stretch on the side, the chest, the spine and the hips. Notice how you will relax more and more into the position with any additional minute. Maintain a completely natural, even breath as you stay in the pose for 2-5 minutes, allowing your body to releasing and relaxing tension gradually, and to open the spine and the side line. If in any way you are feeling strain, don't remain, but leave the pose earlier as to your comfort level.

#### How to leave the pose:

To exit Twisted Roots slowly and carefully, uncross your legs if crossed, and slowly bring your knees back to the center, your hips back to a neutral position and, then feel the rebound lying flat on your back. Allow your spine to realign, and either straighten your legs or keep your knees bent in a neutral position. Take a few deep breaths to settle into the neutral pose, letting your body relax fully, feeling the re-alignment of prana in your body. Take one or two minutes to feel the effect of the pose. There might be a noticeable sensation of spaciousness, warmth or permeability in the side or area which received the stretch before. Notice specifically, how the two sides have a very different feel after practicing the first side only. This is called 'rebound' in Yin Yoga. After 1- 2 minutes, practice the second side of the pose in the same way.

#### Effects of the pose:

- ✓ Twists can have a balancing effect on the nervous system
- ✓ Twists can support a centred, grounded sensation
- ✓ Helps relieve tension in all muscles along the spine
- ✓ Depending on the position of the knees, it can be a twist, a twist with a backbend (knees lower down, away from shoulders) or a twist with a forward bend (knees higher up towards shoulders)
- ✓ According to Sarah Powers, this exercise can relieve sciatica symptoms by bringing your knees closer to your chest
- ✓ Pleasant internal rotation for the upper hip joint as a counter-position after external rotations
- ✓ According to BKS Iyengar (Light on Yoga), this pose stimulates the liver, spleen and pancreas
- ✓ The pose works like a seesaw between knees on one side and the opposite shoulder: if the knees are on the ground, the shoulder might be high in the air. If the shoulder is on the ground, the knees might be up in the air. Use props to direct to the target area you aim for!
- ✓ A great last longer Yin pose to release the last asymmetrical tensions in the back

#### Contraindications to the pose:

- ✗ With shoulder issues / tingling in your arms due to nerve compression or rotator cuff injuries, bring your arms lower towards your pelvis or on a bolster to create more space / buffer the stress off
- ✗ For some person with very strong scoliosis twists won't be too helpful. But especially with a lighter form of scoliosis they might be very beneficial for the practitioner!





## 2. CAT TAIL POSE

**Target area** of the pose (this is where you'll possibly feel a stretch): Quadriceps, hip flexors. Possibly IT-Band of upper leg when leg is stretched out. Chest & arm on the arm that reaches the back leg. Diagonally looping stretch throughout whole body.



### HOW TO ENTER THE POSE:

To enter the Yin Yoga pose Cat Tail, start by lying on your left side with your top leg bent and placed on a bolster, the bottom leg bent moving backwards a little bit. Rest your head in your left hand, just like a lying buddha statue. Then with your top arm, reach back to grab the foot or the ankle of the bottom leg, creating a stretch along the quadriceps and hip flexors in the front of the bottom leg. Adjust with a bolster in the front under your chest or in the back under your spine for additional support, and settle into the twist while breathing relaxed and naturally. If you want, you can now lean the upper shoulder back, and relax even more into the spinal twist. Notice how you will relax more and more into the position with any additional minute. Maintain a completely natural, even breath as you stay in the pose for 2-5 minutes, allowing your body to releasing and relaxing tension gradually, and to open the spine and the front leg line. If in any way you are feeling strain, don't remain, but leave the pose earlier as to your comfort level.

### HOW TO LEAVE THE POSE:

To exit Cat Tail pose slowly and carefully, release the grip on your leg and gently unwind the twist. Roll onto your back or onto your front, allowing your spine to realign, and bring your body into a neutral position with legs extended or knees bent. Take a few deep breaths to settle into the neutral pose, letting your body relax fully, feeling the re-alignment of prana in your body. Take one or two minutes to feel the effect of the pose. There might be a noticeable sensation of spaciousness, warmth or permeability in the side or area which received the stretch before. Notice specifically, how the two sides have a very different feel after practicing the first side only. This is called 'rebound' in Yin Yoga. After 1- 2 minutes, practice the second side of the pose in the same way.

### Effects of the pose:

- ✓ See all of the effects from the twist above.
- ✓ Hip flexor/quadriceps stretch
- ✓ Mild backbend and / or twisting position, depending on the position of the upper body/head
- ✓ Good counter position for long forward bends

### Contraindications to the pose:

- ✗ If there is lower back pain, be gentle with the pose
- ✗ With shoulder issues / frozen shoulder / impingements, the use of a belt looping from the back ankle to the upper shoulder can be very useful to give the shoulder a rest and avoid further strain.
- ✗ The same counts, if there is restriction in the ROM of the upper shoulder

***Please always consult with your doctor and/or therapist before practicing any yoga pose, making sure the practice is adequate for you.***

• *Text & model: Helga Baumgartner*

• *Fotocredits: Ankit Sharma, Yogaphotography Rishikesh*

• *Support: Isabel, Kerstin, Judit, Alexandra, Gela, Birgit und Nina*



## Ongoing Weekend Sessions in Nov 2024 with Ammaji



### Every Saturday

Morning

#### The Power of Prayers Series

Sri Siva Panchaksara - Stotram

Starting Date : 02nd Nov' 24

Every Saturday at 12 Noon IST (1 hour session)

Join with Zoom Meeting ID: 849 4938 5815; Passcode: PURNAVIDYA



### 2nd Saturday Sessions

Evening

#### Bhagavad Gita Satsang with Ammaji

2nd Saturday, 9th Nov, 2024; 5:00 to 6:30 p.m. IST

Join with Zoom Meeting ID: 865 9548 2491 | Passcode : Gita#001



Evening

#### Vedic Heritage Teacher Training

2nd Saturday, 9th Nov, 2024; 6:30 to 8:00 p.m. IST

Join with Zoom Meeting ID: 853 5665 2364 | Passcode : purnavidya



### Sunday

New  
Course

#### Prārthanā Śatpadī

Starting Date : 10th Nov' 24

Every Sunday at 12 Noon IST (1 hour session)

Join with Zoom Meeting ID: 815 8491 1952 | Passcode : 123456



Register for our weekend classes and make your weekends a learning weekend!.

<https://purnavidya.org/upcomingevents>

Donations are welcome. Click here to Contribute.

<https://purnavidya.org/education#education>





ONGOING WEEKEND SESSIONS

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# *Prārthanā Śatpadī*

- BY SWAMINI PRAMANANDA (AMMAJI)

Starting on : Nov 10, 2024  
Every Sunday, 12 noon - 1:00 p.m. IST

Join Zoom link with:

Meeting ID: 815 8491 1952; Passcode: 123456

<https://bit.ly/3urHDsN>



Swamini Pramananda is a well known international Vedanta Teacher and a Sanskrit Scholar. She has been sharing the Vedantic Wisdom in her simple eloquent teachings for over forty years.

For further information on books, donations for course, please follow the link below:

Link for puja contribution: <https://purnavidya.org/ashram>

Link for Program registration: <https://purnavidya.org/vedicwisdom>

Link for books purchase: <https://purnavidya.org/shop>

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🌐 <https://purnavidya.org/>

# 10 UPCOMING RETREATS & COURSES

NOV-DEC



## Upcoming Retreat / Courses Nov to Dec, 2024



### 100 Hour Vedanta and Yin-Yoga Teacher Training

Nov 14 to 28, 2024

### Gita Jayanti

Dec 11, 2024

*Course of the month: Who am I?  
(To join, please visit <https://friendsofpurnavidya.org/>)*

To register for the programs, please visit: <https://purnavidya.org/upcomingevents>  
(Select upcoming programs registration)

For More Information:

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🌐 <https://purnavidya.org/>





## 100 HOUR VEDANTA & YIN-YOGA TEACHER TRAINING

**PRE-REQUISITE :** YOGA PRACTITIONERS WITH A MINIMUM OF 2 YEARS OF CONSISTENT PRACTICE

THE TRAINING IS ACCREDITED BY YOGA ALLIANCE AND COUNTS TOWARDS MINDFUL YIN+YOGA MODULES COVERING THE BELOW.

- **40 HOURS OF PHILOSOPHY:**

Learn Vedic Yoga philosophy from Bhagavad Gita and Patanjali Sutras, Sanskrit Phonetics and Mantra / Stotram recitation.

- **50 HOURS OF YIN YOGA:**

Module 2(chakras and meridians) - Understand the Meridian system as a concept of an energy supply to the body, Discuss the chakras as coordinating centers of the meridian system and as a springboard to a higher consciousness through meditation, Explore Chi/Prana, chakras and Meridians/Nadis with Yin Pranayama and meditation practices.

- **10 HOURS OF TEMPLE PRAYERS AND VISITS.**

**TEACHERS : SRI SWAMIJI , AMMAJI AND HELGA BAUMGARTNER**



VEDANTA . YOGA . CHAKRAS . ASHRAM LIFE . TEMPLE VISITS

**NOV 14 to  
NOV 28, 2024**

**PURNA VIDYA FOUNDATION,  
COIMBATORE, INDIA  
15 DAYS RESIDENTIAL RETREAT**



PLEASE SCAN THE  
QR CODE TO  
REGISTRATION





## 100 HOUR VEDANTA & YIN-YOGA TEACHER TRAINING

### ABOUT OUR TEACHERS

**Sri Swami Siddhabodhanandaji** has a rich 40 years history as a teacher of Vedanta and Sanskrit. A student of Pujya Swami Dayananda Saraswati, Swamiji's scholarship and mastery of Paniniyan Sanskrit grammar allowed him to create the pedagogy and structural tools for residential Vedanta courses in Arsha Vidya.

**Swamini Pramananda** (affectionately known as Ammaji) is the Spiritual Leader and Visionary behind the organization, Purna Vidya, based in Coimbatore, India. For the past 40 years, she has been sharing the vision of Oneness and Harmony with seekers around the world.

**Helga** is one of the few teachers in the world who have completed a 650-hour Yin Yoga training with Paul Grilley in California (**Yoga Alliance 500-hour ERYT certified**). After a total of more than 850 hours of training in Yin Yoga, she has been training Yin Yoga teachers herself since 2014 and is a sought-after lecturer for Yin Yoga at yoga conferences. She is the author of the book 'Yin Yoga', published by BLV Verlag in 2015, and teaches yoga and mindfulness at the University of Regensburg.

### COURSE FEE:

For Indian nationals, Rs. 50,000/- (Course Fee) + stay and Sattvic Food (based on accommodation type). To avail the early bird registration price offer, reserve your seats on or before June 30, 2024.

Foreign nationals are requested to write to [office@yinplusyoga.de](mailto:office@yinplusyoga.de)

VEDANTA . YOGA . CHAKRAS . ASHRAM LIFE . TEMPLE VISITS

NOV 14 to  
NOV 28, 2024

PURNA VIDYA FOUNDATION,  
COIMBATORE , INDIA  
15 DAYS RESIDENTIAL RETREAT



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or mail us: [info@purnavidya.org](mailto:info@purnavidya.org)





# Purna Vidya Foundation



## GITA JAYANTI

11 Dec, 2024



## Program Schedule

8.30 - am  
Puja at the Altar

9:00 am - 12:30 pm  
Bhagavad Gita chanting

12:30 - pm  
Maha Arati

12:30 - 1:00 pm  
Gita's Message - by Sri Arulji



The Bhagavad Gita is the most sacred Hindu scripture that has influenced millions of people for thousands of years. Gita Jayanti is celebrated as the day when the teachings were given by Lord Krishna to Arjuna.

Join us Online and participate in the Collective  
Prayers to Lord Krishna.

Zoom Meeting ID: 818 9766 6760 / Passcode: purnavidya

Link: <https://bitly.ws/3e2yI>

Donations are welcome

**Option1:** If you have already created your user profile with required details in Purna Vidya website (<https://purnavidya.org>), please log in and visit <https://www.purnavidya.org/education#education> to contribute the amount of your choice.

**Option2:** Visit <https://www.trusteddonations.com/ngoDetails/TN-2021-0277856> and opt for general donation or to project of your choice.

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**All are Welcome for this Online Event**

Join us in the recitation  
with your own Bhagavad Gita Pocket book

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# 14 JOIN: THOUGHT OF THE DAY

## Join 'Thought for the Day' series

How about gifting yourself peace and vedantic learning daily amidst the "busyness" of the world? Sign Up!!

**Namaste all!**

Hope you are enjoying the daily video snippets that are being on hosted <https://www.youtube.com/@PurnaVidya/videos> and gifting yourself time for you finding inner balance and peace amidst the hustle and bustle of today's world,.

We have initiated "Thought for the Day" series. Your input matters!! You can subscribe for your preferences to receive snippets in form of Ammaji's quotes, short videos and insightful information by visiting the below link.

<https://purnavidya.org/poll-response-handler>

You will receive the snippets on prescribed days via Whatsapp only for signed users. Together, let's explore how timeless wisdom can guide us towards greater peace and harmony in our lives.

Embark on a journey of enlightenment and inspiration with us!

Warm regards,  
Suresh Ramamurthi  
Trustee



**more informations: [purnavidya.org/upcomingevents](https://purnavidya.org/upcomingevents)  
or mail us: [info@purnavidya.org](mailto:info@purnavidya.org)**





## Bhandara to the tuition children

It was a special day for Tapasyalayam's tuition children, when Sri Kumarji and Sri Saravananji gave bhandara to the tuition children and offered gifts to them, during their retreat with us.





# 16 ASHRAM EVENTS



## Malaysian Swami Visit

Visiting Tapasyalayam for a satsang with Ammaji, Swami Shivajnananandaji with his disciples, spent an afternoon to understand the yatra in the Ganga valley and its significance.







## Navaratri retreat - Tapasyalayam

A Navaratri retreat vibrant with prayers, pujas, japa, parayanam and havan was spent in both ashrams, Tapasyalayam and Coimbatore. The tuition children of Tapasyalayam participated in many activities in the evenings from bhajans, to yoga and even cleaning up the bank of Ganga. The highlight for the children was sumptuous bhandara everyday with dakshina, that they will cherish forever!







Tuition children of Tapasyalayam spent an evening cleaning up the garbage on Ganga bank as part of their education in Environmental Cleanliness Awareness Campaign. Respecting and protecting the sanctity of Mother Ganga has become an essential educational activity and was carried out in Navaratri.







The Navaratri celebrations concluded with bhajans conducted by tuition children on Vijayadasami Day. The guests performed Kanya puja and Mangali puja, which was followed by a feast and closing with gifts to all the tuition children of Tapasyalayam.





# Navaratri - purna vidya foundation



Purna Vidya Foundation's Navaratri Pujas were beautifully performed by Sri Arulji, as is done every year. Prayers for the devotees and disciples of Purna Vidya across the globe were conducted in both the ashrams with great fervor and Divine mantra chants and invocations for the ten day celebrations. Many villagers participated from the vicinity and enjoyed the blessings of Goddess Lalitha-Tripurasundari through the Sri Cakra Pujas and recitations.







# Saraswathi puja - purna Vidya foundation

Navarathri puja was celebrated at the Coimbatore ashram with religious fervor. We had elaborate pujas both in the morning and evening on all the days culminating in Saraswathi puja, Ayudha puja and Vijayadasami.





## PAST EVENTS

Ammaji constituted the Panch Prayag committee of Purna Vidya Sept 2024 and has been regularly meeting at Tapasyalayam for a year, to research and consult with the scholars of the Ganga valley. The members of Uttar Prayag met Ammaji several times at Tapasyalayam and presented the Uttar Prayag culture.

## Panch Prayag project of Ganga valley

They also joined hands with Ammaji to visit the scholars and pandits of the five prayags, for documentation of the same as well as to identify the meeting of the rivers with MaGanga.

The yatra included sevaks from Mumbai, Chennai and Udaipur and the journey began by meeting with scholars of Bhaskar Prayag and then proceeded to meet with the villagers of Son Prayag. This was followed by meetings held with members of Hari Prayag and concluded with meetings with Gangotri Temple supporters.

It was a very productive time for research into the Panch Mahaprayag Kshetras of MaGanga and documentation of the findings. The trip was indeed fulfilling for the committee members and as well as spiritually uplifting for one and all.



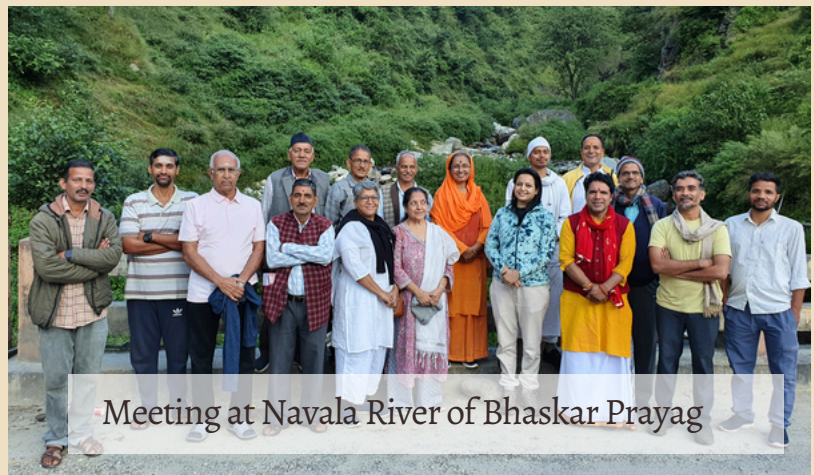
Members of Uttar prayag



Uttar prayag members in consultation with Dandi Swami Sri Hariharashram



Uttar prayag members meeting with Ammaji



Meeting at Navala River of Bhaskar Prayag



The Bhaskar Prayag meeting



Bhaskar Prayag team





Meeting Sri Dineshkumarji of Gayatri Parivar



Meeting at Papaharini river of Bhaskar Prayag



Jyoti Ganga at Son Prayag



The team at Balakandar Temple



Son Ganga at Son Prayag



Meeting at Son Ganga of Sonprayag



Meeting members of Sukki village for Son Prayag



Discussions on Son Prayag





Ammaji with Harish Notialji inaugurate the Apple sorting machine



Shyam Ganga of Hari Prayag



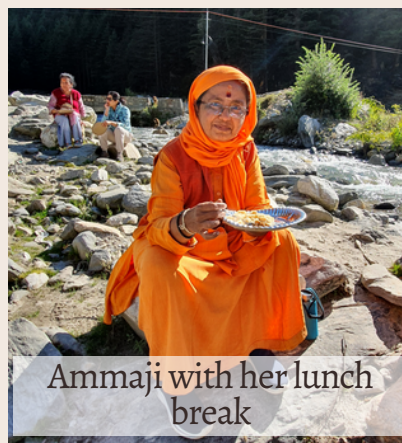
Discussions with key members of Hari Prayag



Kalpa kedar temple of Dharali



Lunch break at Hatyaharini River



Ammaji with her lunch break



Satsang in Ammaji's cave at Gangotri



Ganga Prayag meeting with Suresh Semwal, secretary Ganga Mandir



Discussions with team of Ganga Valley



# REFLECTION ON "LIVING THE WISDOM OF MOTHER GANGA" BY AMMAJI'S STUDENT, SHANTI AULUCK 25

Hari Om!

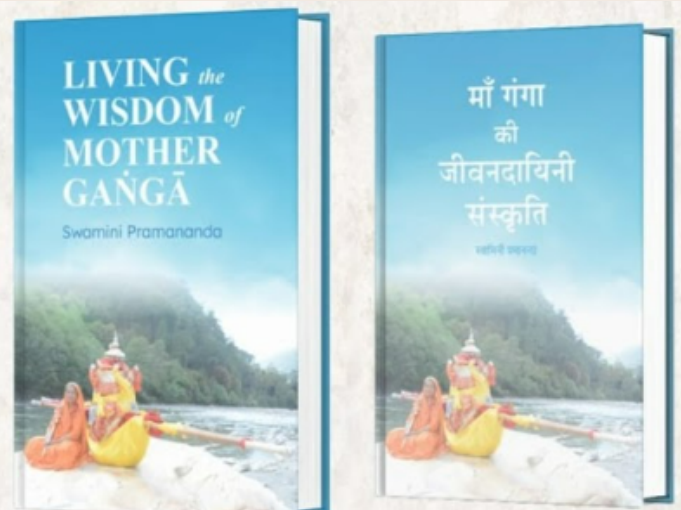
Living the Wisdom of Mother Ganga felt like a poetic narrative of Ammaji's own journey who left everything else in search of truth at an early stage of life. It provided vivid imagery of her passionate devotion to ma Ganga and culture of Himalayan region which has been preserved till today its pristine glory immersed in divine sentiments. It has increased my curiosity manifold to know the communities living in Himalayan region and experience the culture and its ethos through direct contact with it.

It fills one with awe and wonder as Ammaji depicted meetings with yogis and saints living in secluded and difficult Himalayan areas for whom nothing mattered except divine presence in their lives. They are living icons who evidently prove the truth exclaimed by Upanishads. It has increased my urge to immerse myself more and more on spiritual path. I read the book in 2-3 days and I could not leave it once I started. Though it has been a few months ago that I read the book but its impact on my mind is ever fresh as if I am dipping in the waters of Mother Ganga. Perhaps that is the power of a guru like Ammaji.

Ammaji's own narrations of her experiences particularly Nag-devatas, create a sense of paradox and I felt like knowing more and more about it from Ammaji. I have come to realize that life itself is full of mysteries and wonders and everything cannot be explained through linear thinking.

Many who are not familiar with Ammaji May read it as a travelogue. However, the students of Ammaji like me feel as if she is holding my hand to make me see the truth so eloquently revealed by Upanishads and their teaching through great masters like poojya swami Dayananda ji and poojya Ammaji. I feel as if every part of my being is touched by a sense of divine.

Dr. Shanti Auluck





Get your copy

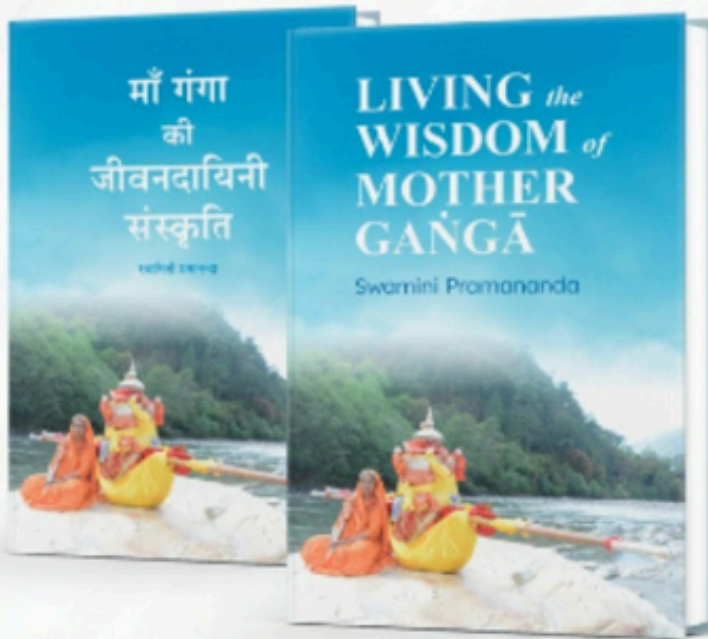


Grab your copy of Ammaji's new book  
released on Mar 28, 2024

# LIVING THE WISDOM OF MOTHER GANGA

Available in Hindi as

**MA GANGA KI JIVANDAYINI SANSKRITI**



Ammaji describes in her book on how Maa Ganga is a boon companion to every seeker. This book is a source of solace and enlightenment for generations to come. Dive into its pages and discover the profound wisdom and spiritual nourishment waiting to be uncovered.

Contact Us at :

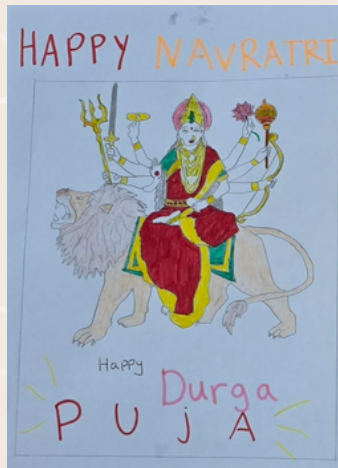
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**Harshini**



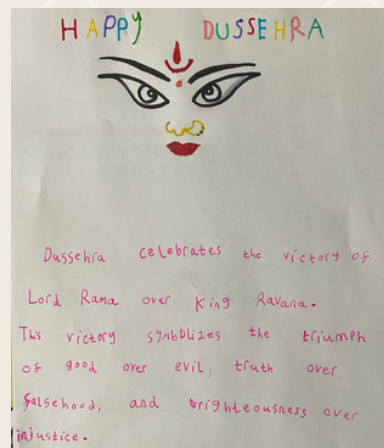
**Srishti Datta**



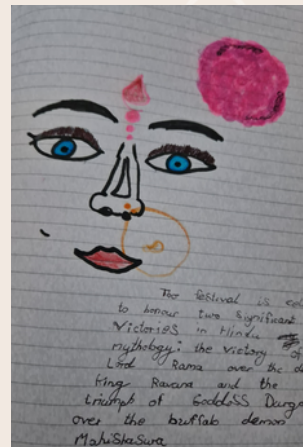
**Tejasvini**



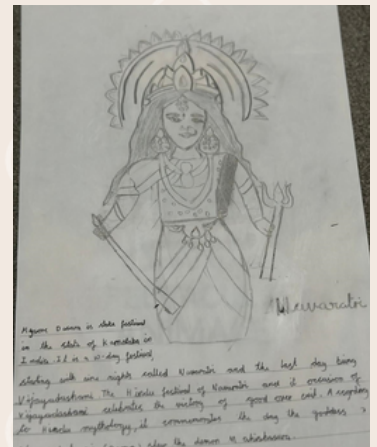
**Shanvitha**



**Yashvini**



**Thrishika**



**Sahana**

## Purna Vidya Vedic Heritage Teaching Program

Children learnt in their classes about festivals of Navaratri and Vijayadashami. They learnt prayers Goddess Lakshmi, Sarasvati and Sakthi. Some completed colouring, drawings of Goddess Durga and few wrote down what they had learnt about these festivals. Some key points they noted were Navaratri festival celebrated over nine nights. The tenth day is also called Vijayadashami. This day is linked with stories of Victory of Goddess Durga over demon Mahishasura and Lord Rama's victory over Ravana. The festival symbolises triumph of good over evil, truth over falsehood and righteousness over injustice.





*let's extend our gratitude  
and support the Ashram!*



## ***Gift A Day***



Dear Well Wisher,  
Hari Om!

we are pleased to announce Gift-a-day campaign for supporting the Ashram's one day expense. Mark a birthday, anniversary day, etc. as your annual support to ashram's sustenance and receive the blessings of prayers at our Lord Vanalingesvara and Ma Ganga Temples.

With Ammaji's wisdom, unconditional love, tireless effort of sharing the sacred teachings, let us extend our gratitude to Purna Vidya by offering to support the cost of running the Ashram for at least one day.

**Sponsor 21,000 INR for one day**

Thank you all for your generosity and support.

For any additional information

Contact Us at :

+91 91503 19999

+91 78128 91579

programs@purnavidya.org

***There is only one Giver – the Lord,  
as everything we have in life is given by Him!  
We can only be instruments in sharing with others,  
what has been given to us.  
Share and discover the joy of giving!***

Swaminī Pramānandā (Ammaji)



## Namaste Dear Friends!

We have to understand that when we say asuras are destroyed, they are none other than our own negative tendencies that obstructs our spiritual transformation. By engaging in consistent sadhana practices such as japa, meditation, chants and puja etc, we are preparing for a pure mind that is able to hold the spiritual teachings.

Such disciplines also teach us to own up the highest goals in life and not to focus on little things. Our tradition has many such religious festivals such as Navaratri and their celebrations are meant for us to build our relationship with the divine and to receive blessings. May our spiritual sadhana continue to blossom under divine Mother's grace.

*When we connect  
to Mother Divine  
through our  
prayers, we  
automatically  
connect to the  
eternal peace  
abiding within us!*  
(Ammaji)

We hope that you have enjoyed this volume of our newsletter.  
We warmly welcome your feedback and contributions through  
[purnavidya.newsletter@gmail.com](mailto:purnavidya.newsletter@gmail.com)

